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FAVORITE RECIPES IN THE PHILIPPINES

Felipa Festin Negado, M. A.

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FAVORITE RECIPES
IN THE PHILIPPINES

FAVORITE RECIPES IN THE PHILIPPINES

by

FELIPA FESTIN NEGADO, M.A.

HEAD, DEPARTMENT OF HOME ECONOMICS
Philippine Normal College
(1925-1956)
MANILA

FELIPA FESTIN NEGADO

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PREFACE

This series of booklets on "Favorite Recipes in the Philippines" has been prepared primarily for housewives, dieticians, restaurant and hotel chefs, cafeteria managers, home economics teachers, and school girls who have the responsibility of planning, purchasing, preparing, and serving food.

These booklets are the outgrowth of the author's experience as teacher, instructor, professor and head of the Home Economics Department of the Philippine Normal College. The courses which she has taught and which have had direct bearing on the findings which are made available in this series of booklets are: General Chemistry; Foods and Nutrition; Lunchroom Management. In addition, her experiments and researches in connection with the preparation of her thesis for the Master of Arts degree and in her own kitchen at home have been of valuable help.

These booklets have been planned and prepared with these aims: (a) to provide everyone who uses rice as an item of food a standard, scientific method of preparing it— a master recipe; (b) to provide a master recipe on improved and better methods of preparing sauted vegetable dishes, ("gulay guisado") in such a way as to retain and conserve food value, natural flavor, and color; (c) to provide economical recipes of our favorite dishes, whose method of preparation has been improved; and (d)

to provide a pilot or master recipe for cooking vegetables from each of which other recipe variations can be evolved; and (e) three other master recipes.

In the preparation of these booklets, the author acknowledges the suggestions, encouragement and other help extended to her by her co-teachers, friends, and former students, a great number of whom are at present home economics teachers or supervisors in the Bureau of Public Schools.

This booklet provides the solution to a long-felt need for a standard method of cooking rice, our staple food, and of preparing vegetables in such a way as to conserve their food value, natural flavor, and color.

"Favorite Recipes in the Philippines" includes four major features:

1. It comes in a series of booklets.

2. Each booklet contains a number of recipes in block numbers of the same group or class of food.

3. The recipes of a class of food are grouped together so as to make it easy for the user to locate the recipe referred to. The block number of each recipe is written on the left margin and on the same line of the title of the recipe. The special master recipes have Roman numbers.

4. The alphabetical list of the index to the recipes and other features are found in the last section of the booklet.

A sample is given below:

20 Arróz á la Valenciana

The block numbers of all rice recipes are from 1 to 20. The block number for "Arróz á la Valenciana" is 20. "Arroz" is the Spanish term for rice.

27 Baguio Beans Guisado

The block numbers of sauted vegetable dishes are from 21 to 40. The key number, therefore, in the preparation of Baguio Beans Guisado is 27.

F. F. N.

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INTRODUCTION

Rice is life for a considerable portion of the world's population. In many cases, it determines the trend of business. In the Philippines, it affects the essential needs of the people. When the price of rice soars, the price of other commodities of the country soars too. Rice is life!

There is quite a number of rice varieties in our country. The experimental surveys of the Bureau of Plant Industry of the Philippines have recorded about 3,000 varieties.

Rice is an energy producing food; it consists largely of starch and is called a carbohydrate. During an emergency, when there is a heavy rice shortage, proper substitutions and combinations will ease the suffering of the people.

As a people, we eat rice two or three times a day. Curiously enough, many have not learned how to prepare it in a way to secure the best results in palatability, and to conserve its food value. For instance: The practice of washing rice several times is still prevalent. No definite ratio of the amount of rice to the amount of water for different varieties is followed. The common procedure is to calculate the water by immersing the hand in the pan down to the level of the rice and putting only enough water so that it reaches only the middle nodes of the fingers. This method is, of course, unreliable since some persons have short fingers while others have long ones. Con-

sequently, rice is seldom the whole grain that it should be after it has been improperly cooked. Very often, it is either too dry or too wet. Neither have we looked into the need of regulating the heat at different stages of preparation. When rice is uncooked or too soft or wet, the blame is usually put on the rice being too new or old. This should not be the case, for the poor result is due to improper cooking.

Therefore, because of request of her friends, fellow teachers, students, and home economics graduates that she write the standardized method of cooking rice which she has discovered through her study and experiments[1] at home, the author decided to put the results of her study on rice and vegetable experiments including protein dishes and menu patterns into a series of booklets.

It is hoped that with the use of this standard method of cooking rice, there would be no more waste or very little, if any at all, of the grains. Time and effort can also be saved. When placed on the family table, the rice can be a source of enjoyment because of its palatability and food value. To the Filipinos, rice is life; hence, it deserves proper attention and preparation if we expect to get from it maximum satisfaction and value.

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[1] This scientific method of cooking any kind of rice and vegetable dishes is an extract from the author's Master Thesis, "Scientific Method and Reflective Thinking as Applied to Different Major Home Economics Areas".

A GROUP OF SALAD VEGETABLES

Should be Served Raw

PREPARING RICE FOR THE TABLE

FAVORITE RECIPES IN THE PHILIPPINES
THE MASTER RECIPE
FOR
PREPARING RICE FOR THE TABLE
RICE IS LIFE

I. THE MASTER RECIPE FOR BOILING RICE:

1 Sort and clean the rice. Remove every grain of "palay" or rice husks[1] or stones.

2 Measure the rice needed by the family. One "gatang" (cup) is usually sufficient for every 2 to 3 women but more for men.

3 Wash the measured and cleaned rice to remove dust if there is any. Use the fingers to stir it about in the water and then lift it from the water with the fingers so as to leave any small stones or particles of dust in the water at the bottom of the pan.

4 Place it in a bowl and add enough water to cover it.

5 Soak it for 3 minutes[2] (no more, no less) so that it will absorb all the water that it can absorb.

---

[1] Rice husks are usually removed quickly by winnowing the rice in a round or square shallow basket ("bilao") which is commonly used in rural areas in the Philippines.

[2] Three minutes are equivalent to 180 counts or "ticks" of the watch. If no watch is available, estimate the time between the ticks as nearly as possible.

6 Meanwhile, kindle the fire (if it is wood fire). After 3 minutes, pour off the water to another bowl to avoid oversoaking while measuring. Use this water in cooking the rice.

7 Measure the rice. Then put it into the "palayok" (native clay pot), sauce pan, or "caldero" (iron stew pan) commonly used in homes for cooking rice.

8 For every measure of soaked rice, use the same amount of water. Use the water in which it has been soaked, as it may contain dissolved thiamine from the rice. Be sure that any sediment of dust and stones in this water is not included. Add enough water to make the water equal to the volume of the soaked rice.

9 Boil the rice in a tightly covered vessel. See to it that the fire[1] is steady and evenly distributed.

10 When the rice starts boiling, which should be after about 10 minutes[2] (for an amount not more than 4 cups) remove the cover and stir it quickly with one to three round strokes in the center and along the sides of the pot with

---

[1] If wood fuel is used. If electric or gas fuel is used, cook with medium heat.

[2] As the amount of rice is increased the length of time for it to begin to boil is likewise increased.

the handle of the ladle ("sandok") to equalize the cooking of the grains and the distribution of moisture. The heat after the first stirring should be changed from high to medium heat. This should be done only when the rice begins to emit steam, which means it has begun to boil.

11 Cover the pot again tightly after the rice has been stirred.

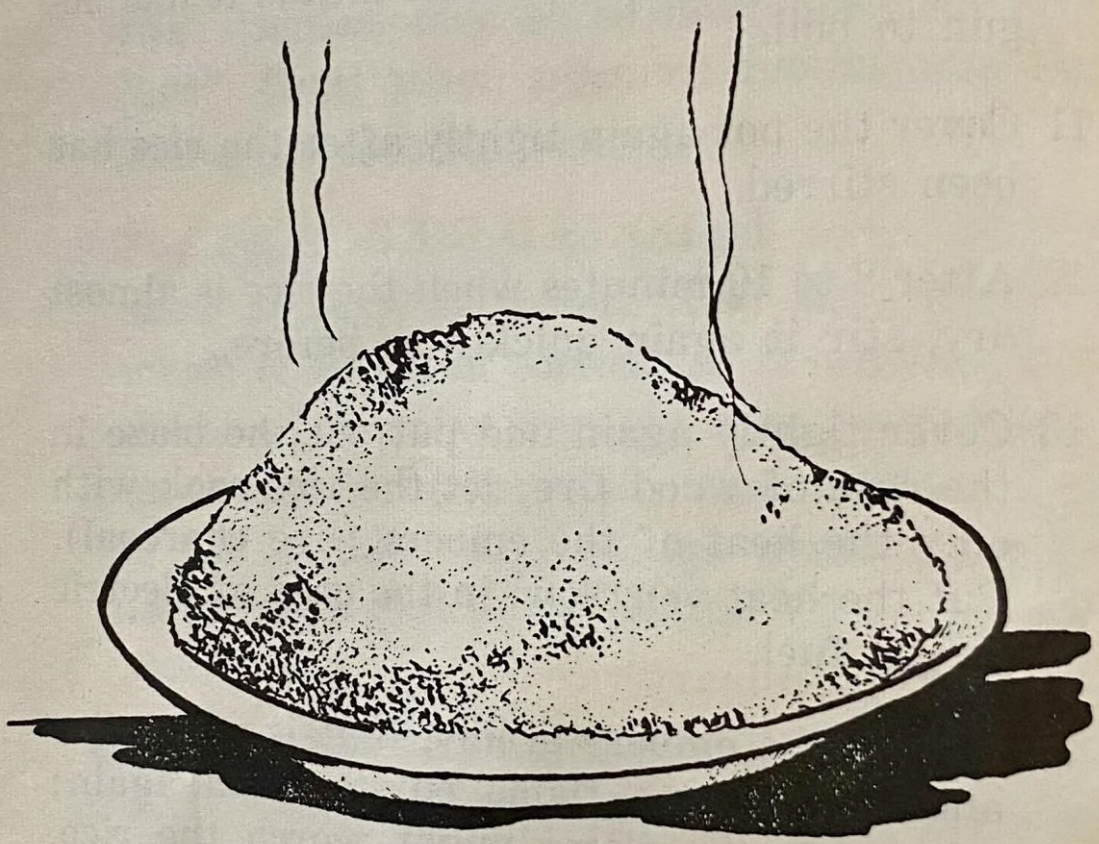
12 After 8 to 10 minutes when the rice is almost dry, stir it again quickly as before.

13 Cover tightly again and put out the blaze in the case of wood fire; let the rice cook with only the heat of the embers (live charcoal). Put the heat very low, in the case of electric or gas fuel.

14 Spread the embers evenly, if it is wood fire and see that no flame bursts forth again; otherwise, the flame might scorch the rice.

15 After another 8 to 10 minutes, the rice in the pot should be cooked through and through; the grains should be whole and unbroken, and the flavor should be tasty. The whole period for amounts of not more than 4 cups should be about 30 minutes.

16 If banana leaf or "pandan" leaf aroma is desired in the cooked rice, the pot should be lined with either banana or "pandan" leaves before putting the rice in it. The same



BOILED RICE

may be used to cover the rice under the lid of the pot. Either type of leaf gives a pleasant aroma to the cooked rice.

17 Pass the handle of a ladle in two or three circular strokes around the sides of the pot and through the center of the cooked rice so that the grains will be separate when the rice is scooped out from the pot to the serving platter.

1 BOILED RICE

4 c. enriched uncooked rice
Water

1 Prepare the rice as directed in the Master Recipe.
2 Serve the rice while it is hot.

2 PUTO MAYA

1 c. ordinary rice
1/2 c. grated coconut
1 c. "malagkit"
1/4 c. sugar, granulated
1/2 c. "linga" seeds (toasted)

1 Follow the Master Recipe for Boiling Rice.

2 Put the cooked rice on a plate and put the grated coconut and sugar on top.

3 Sprinkle the toasted "linga" seeds over the top, and serve.

3 RICE WITH CASSAVA GRIT

1-1/2 c. ordinary rice
1 c. cassava grit

1/2 tsp. salt
1 tsp. premix rice

1 Prepare the rice as directed in the Master Recipe as far as step No. 7 inclusive.
2 Mix the grit with the drained soaked rice and measure as directed in step No. 8.
3 Proceed again as directed in the next steps until the rice and cassava grit combination is cooked.
4 Serve hot.

4 RICE WITH SALMON AND TOMATOES

1 c. fresh chopped tomatoes
3 diced small onions
3 tbsps. diced sweet green pepper
1 sliced "tosino" (salt pork)
Salt and pepper
1/2 c. rice, uncooked
2 c. flaked salmon, canned
1 c. boiling water

1 Combine tomatoes, onions, green pepper, "tosino" and water.
2 Put them in a saucepan except the salmon and rice.
3 Cover and bring to boil.
4 Meanwhile, prepare the rice and proceed as directed in the Master Recipe.
5 Before removing it from the fire add the flaked salmon gently and blend it well with the rice.
6 Cover for 3 minutes to heat the salmon.
7 Put on a platter.
8 Put the tomato mixture over the rice. Serve hot.

5 RICE WITH SHRIMPS

1/2 c. shelled raw shrimps, cut lenghtwise
2 tbsps. toyo
1 tbsp. "calamansi" juice
1 c. meat and shrimp liquor from pounded shrimp shell (any meat broth)
1/3 c. sliced mushrooms
2 cloves garlic, bruised
Dash of pepper
Fat for frying

1 Mix the toyo and "calamansi" juice together in a small bowl.
2 Dip the shrimps and the mushrooms into the toyo solution and fry in deep hot fat.
3 Pour the fat out into a container, leaving only about one tablespoonful in a frying pan.
4 Heat the fat again and sauté the garlic.
5 Add the shrimps, mushrooms, meat and shrimp liquor and toyo solution.
6 Add enough seasoning.
7 Cover and cook for three minutes.
8 Serve hot with rice which has been cooked as directed in the Master Recipe for Boiling Rice.

6 CRABS WITH RICE

1-1/2 c. rice
3 crabs (alive)
2 slices ham
3 Canton sausages or native sausages locally made
2 tbsps. soy sauce (toyo)

1 tbsp. fat
Water
Salt

1 Clean the crabs and cut them into four pieces.
2 Put into cooking utensil and add enough water to cover. When cooked, cool and discard shells and flake the meat.
3 Remove the casings of sausages and chop the filling, then chop the ham.
4 Heat 1 tbsp. fat.
5 Sauté the garlic, add the chopped ham and the chopped sausage filling.
6 Add the crab-meat, cover and cook for 5 minutes.
7 Then add more water and season with soy sauce.
8 Meanwhile, prepare the rice as directed in the Master Recipe using the liquid in which the crabs have been cooked.
9 Serve on a platter, with the cooked rice as the border.

7 RICE WITH TOGUE GUISADO

1 c. ordinary rice, uncooked
2 c. "togue"
2 young carrots, diced
4 medium sized tomatoes, chopped
2 tbsps. onion, sliced
2 cloves garlic, bruised
1/2 c. cooked pork, diced
1/2 c. cooked shrimps, diced
1 c. pork and shrimp liquor

1 Prepare rice as directed in the Master Recipe.
2 Meanwhile, prepare "Togue Guisado" as directed in Master Recipe No. II

3 Pile the "togue guisado" in the center of a platter and put the cooked rice around the mound of togue.
4 Serve while it is hot.

8 RICE CROQUETTES

4 c. cooked rice
1/2 c. thick white sauce
2 c. "biscocho" crumbs
2 egg, yolks and whites beaten separately
5 tbsps. grated cheese
1-1/2 tsps. salt
Dash of pepper

1 Prepare the rice as directed in the Master Recipe for Cooking Rice.
2 Cool for a few minutes.
3 Combine rice, beaten egg yolks, cheese, white sauce and salt.
4 Shape into croquettes.
5 Dip the croquettes into the beaten egg whites.
6 Roll them in "biscocho" crumbs.
7 Fry in deep, hot fat.
8 Serve with tomato sauce if desired.

9 MORISQUETA TOSTADA

3 c. cooked rice
1/2 c. diced mushrooms
4 tbsps. chopped green onions
2 eggs
3 tbsps. lard
1/2 c. diced cooked shrimps

4 tbsps. chopped onion
1/3 c. "apulid" (water chestnut)
3 tsps. toyo
Salt and pepper

1 Prepare rice as directed in the Master Recipe and put aside when cooked.
2 Heat the pan and put in all except the rice, shrimps, eggs, and toyo.
3 Stir and mix well.
4 Add eggs slightly beaten and cook the mixture only until the eggs are firm.
5 Add rice, diced shrimps, toyo, and the green onions. Mix well and serve while hot.

10 SHANGHAI RICE

1-1/2 c. rice
1-1/2 c. raw shelled shrimps
1 tbsp. fat
2 tbsps. toyo
3 eggs, beaten
5 tbsps. green onions
Salt to season
2 c. of water

1 Boil the shrimps in salted water.
2 Cook the rice as directed in the Master Recipe for Cooking Rice using the liquor in which the shrimps have been cooked.
3 Add the cooked shrimp meat when the rice starts boiling.
4 Heat the fat in a frying pan.

5 Add the remaining ingredients.
6 Blend and cook for 2 minutes.
7 Add the cooked rice and shrimps.
8 Mix well and serve while hot.

11 RICE WITH SHRIMP Á LA CRÊOLE

1 c. cooked shelled shrimps, diced
1 c. tomato sauce or fresh chopped tomatoes
1/2 c. chopped green sweet pepper
1/2 c. chopped red sweet pepper
1 tbsp. fat
1/2 c. chopped onions
1/2 c. chopped "kinchay"
2 eggs
1/2 c. hot water
1/2 c. shrimp liquor
4 tbsps. flour
Salt
2 tbsps. margarine
4 c. cooked rice

1 Heat the fat and add the onions.
2 Add diced shrimps and cook for 3 minutes.
3 Add the tomato sauce and cook for 2 minutes.
4 Put hot water and shrimp liquor into the mixture.
5 Rub flour into smooth paste with cold water.
6 Stir the liquid into the batter until well blended.
7 Return to the pan and continue cooking.
8 Beat the eggs lightly.
9 Stir the hot sauce gradually into the beaten eggs until well blended.
10 Return into the cooking mixture.

11 Cover and cook for three minutes or until the sauce is thick.
12 Add the margarine.
13 Stir well.
14 Place the cooked rice, which has been prepared as directed in the Master Recipe for Cooking Rice, on a large platter.
15 Scoop out the center, leaving a well the size of a small bowl.
16 Pour hot Shrimp á la Créole into the well which may overflow, making an attractive picture.
17 Serve hot.

12 CLAM[1] A LA VALENCIANA

4 c. cooked shelled clam[1] meat
1 c. cooked shrimp meat, diced
1 c. cooked pork, diced
1 c. uncooked "malagkit"
2 c. rice ordinary
1 c. chopped tomatoes
1 can peas
2 Canton sausages or native sausage locally made
1 onion, sliced
3 cloves of garlic, bruised
Salt and pepper

1 Combine the first 3 ingredients and save the liquid before preparing the dish.

---

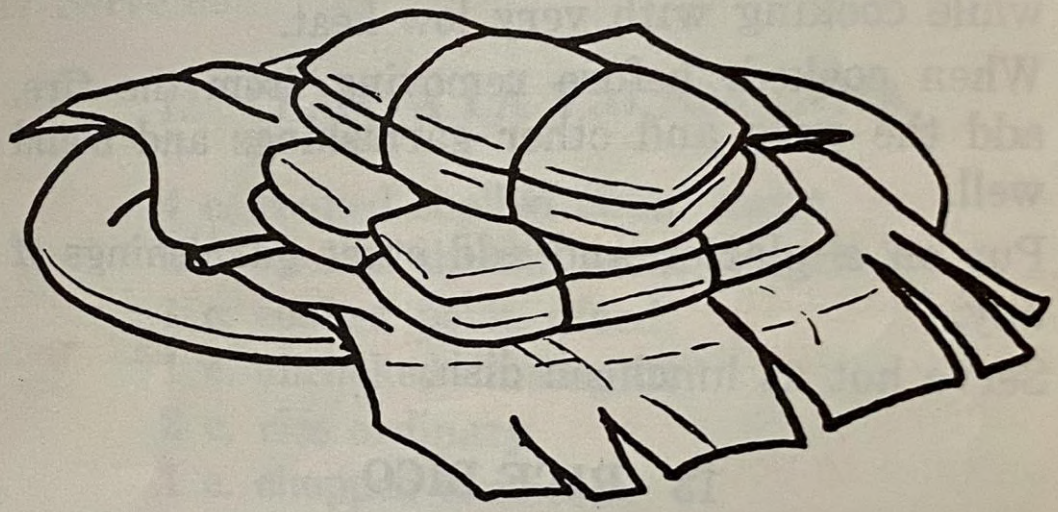
[1] When shellfood, liver, and other organs of animals are used for food great care in the preparation should be observed as these foods may be infected with parasitic worms called *flukes*. If these foods are not well cooked, the flukes will "continue to develop to their final form in the body of the new human host."

2 Prepare all the ingredients on the table before starting to cook.
3 Prepare the rice as directed in the Master Recipe.
4 Except the peas and other garnishings, put all the ingredients in a "carahay", including all seasonings and cook well covered.
5 Use the combined liquor of pork, shrimps, and clam for cooking the rice.
6 Mix rice and meat mixture.
7 When almost dry, cover with banana leaves while cooking with very low heat.
8 When cooked, before removing from the fire, add the peas and other garnishings and blend well.
9 Put on a platter and add other garnishings if any.
10 Serve hot as luncheon dish.

13 RICE BICO

6 c. "malagkit"
3 c. brown sugar
4 coconuts, mature
1-1/2 tsps. salt

1 Prepare the "malagkit" as directed in the Master Recipe.
2 Use coconut milk in cooking the "malagkit".
3 When it is half-cooked add the sugar and salt.
4 Continue cooking on low heat and stir it constantly but carefully to prevent the rice grains from being mashed.



SUMAN SA LIHIYA

5 When cooked, spread on a buttered large platter and flatten it with the fingers wrapped in wax paper or a piece of banana leaf.
6 Serve with grated coconut which has been toasted dry but not brown so as to develop its nutty flavor.

14 RICE-MONGO GUINATA-AN

2 c. "malagkit"
1/2 c. toasted mongo
Thin coconut milk
Thick coconut cream
1/2 c. brown sugar
1/2 tsp. salt

1 Prepare the "malagkit" as directed in the Master Recipe.
2 Use the thin coconut milk for cooking the rice.
3 When the rice is half-cooked, add the toasted "mongo" which has been rolled to break the grains.
4 Continue to cook.
5 Add salt and sugar
6 Add as much of the reserve thick coconut cream as desired.
7 Serve as dessert.

15 SUMAN SA LIHIYA

1 c. "malagkit", uncooked
2 c. ordinary rice, uncooked
2 tbsps. vegetable "lihiya" or from burned wild spinach

1 Prepare the rice as directed in the Master Recipe adding the "lihiya" to the water used for cooking the cereal.

2 When the rice is half-cooked, wrap it in layers of banana leaves, 3 tbsps. or more if a larger suman is desired.
3 Arrange the packed suman in a "carahay".
4 Add enough hot water to cover.
5 Boil until the rice is cooked.
6 Serve with sugar and grated coconut which has been toasted or baked in the oven to develop its nutty flavor.

16 BIBINGKANG KANEN

3 c. "malagkit"
2-1/2 c. brown sugar
Thin coconut milk
Thick coconut cream
1 tsp. salt

1 Prepare the rice as directed in the Master Recipe using the thin milk for cooking.
2 When the rice is almost cooked and dry, add half of the sugar and salt.
3 Continue cooking on very low heat until done.
4 Turn into a greased pan and spread the remainder of the sugar and the coconut cream, which has been heated, on top of the cooked rice.
5 When the coconut sauce has become thick, cool and serve as dessert.

17 SUMAN MALAGKIT

3 c. "malagkit"
Banana leaves

1 coconut
1 tsp. salt

1 Grate the coconut.
2 Extract the milk and strain.
3 Put it aside.
4 Prepare the "malagkit" as directed in the Master Recipe No. I using the coconut milk for cooking the rice.
5 When it is half cooked and dry, remove from the fire.
6 Meanwhile, cut the banana leaves into desired sizes and heat to make them pliable.
7 Wrap the half cooked "malagkit" in the banana leaves and then tie the wrapped rice.
8 Put the wrapped rice in a kettle or "carahay"; cover with boiling water.
9 Cook until done.

18 BRINGE

2 c. ordinary rice
1 c. "malagkit"
1 young chicken
3 "chorizo",[1] Canton or newly prepared native sausage
2 coconuts
3 c. water
2 hard boiled eggs
3 pieces yellow ginger (mature)
"dilao"

---

[1] "Chorizo" or sausage which has become rancid because of long keeping should not be used for it may cause food poisoning.

1 onion sliced
2 cloves garlic, bruised
2 tbsps. lard
2 tbsps. salt
1 bay leaf
1/4 tsp. pepper
Red and green pepper sliced

1 Dress the chicken and cut into serving pieces.
2 Grate the coconuts and extract 2 cups of milk without adding water.
3 Add water and extract the milk for the second time to get 4 cups of thin milk.
4 Slice the onions and mince the garlic.
5 Pound the yellow ginger and add milk and strain.
6 Heat the "carahay".
7 Fry the "chorizo" (longaniza or sausage) to extract the fat.
8 Add the lard.
9 Saute the garlic until brown.
10 Add the onions and cook until clear.
11 Add the chicken and the 4 cups of thin milk.
12 Add the juice of yellow ginger.
13 Cook for five minutes then add the thick coconut milk.
14 Stir while adding the milk.
15 Add the salt, pepper, and bay leaf.
16 Cover and cook the meat mixture.
17 When the meat is tender, remove the cover and stir.
18 Combine ordinary rice with the "malagkit" and prepare it as directed in the Master Recipe

using the chicken liquor in cooking it in a carahay.

19 When the rice is almost dry, cook at very low heat covered with banana leaves.

20 When the rice is cooked, serve it in a large platter.

21 Arrange the rest of the food around the rice as border.

22 Sauté the diced sweet pepper in margarine for 2 minutes until its delicious aroma is developed.

23 Scatter the pepper over the dish for color.

19 RICE WITH CHICKEN AND CHEESE

1/2 c. rice, uncooked
2 c. diced cooked chicken meat
Chicken broth
1 tbsp. fat
1-1/2 tbsps. margarine
1 onion chopped
Grated cheese
Salt to season

1 Heat the fat in a saucepan.

2 Cook the onion until clear.

3 Add the chicken broth; boil, and season.

4 Soak the rice as directed in the Master Recipe.

5 Measure the soaked rice and add an equal amount of chicken broth.

6 Return the chicken broth to the saucepan with the soaked rice.

7 Cook as directed in the Master Recipe for Cooking Rice.

8 When the rice is done, add diced cooked chicken meat.

9 Put the mixture on a platter.

10 Sprinkle liberally with grated cheese before serving.

20 ARROZ À LA VALENCIANA

1 young chicken (1 kilo)
1 "chorizo" de Bilbao
3 tbsps. lard
2 cloves of garlic
1 small bay leaf (laurel leaf)
1 can tomato sauce or fresh ones
1/4 c. achuete seeds
2 sweet red pepper— diced
2 sweet green pepper— diced
3 hard cooked eggs— cut each into four slices (crosswise)
Water, salt, powdered pepper
1 tbsp. margarine
4 c. ordinary rice, uncooked

1 Dress the chicken and cut it into serving pieces (about 10 pieces).
2 Heat the fat in the pan.
3 Sauté the garlic; then, the onions.
4 Add the sliced "chorizo" and cook for 2 minutes.
5 Add the chicken and cook for 5 minutes.
6 Add the tomato sauce, bay leaf, salt, and pepper and cook for 3 minutes.
7 Add enough water to cover the chicken mixture.
8 Soak the achuete seeds in a cup of the hot chicken liquor; strain and add to the chicken mixture.
9 Cook until the chicken meat is tender.
10 Prepare the rice as directed in the Master Recipe for Cooking Rice using the liquid in which the chicken has been cooked, including the rice water in which it has been soaked.

11 Add hot water if after measuring the combined liquid is insufficient.

12 Cook the rice in the chicken liquor in a carahay.

13 Proceed cooking as directed in the Master Recipe for Cooking Rice.

14 When the rice is cooked, place some of the sauted green and red pepper and the chicken meat on the top of the rice and cover with banana leaves.

15 Continue cooking at very low heat for 5 minutes.

16 Turn onto a large platter.

17 Garnish with sliced hard boiled eggs and the remaining diced pepper which has been sauted quickly in hot margarine.

A METHOD OF COOKING VEGETABLE DISHES SO AS TO RETAIN FOOD VALUE, NATURAL FLAVOR, AND COLOR.

II THE MASTER RECIPE FOR COOKING VEGETABLE DISHES:

("Gulay Guisado")

1 Assemble all vegetables after they have been sorted, washed, and grouped.

2 If pork and shrimps are called for in the recipe, boil them separately with just enough water to cover and enough salt to season.

3 Meanwhile, break, dice, or shred the vegetables as the case may be.

4 Dice or grind the pork depending on the cut desired. Set aside with the pork liquor.

5 Shell the shrimps and pound the shell to get the shrimp juice.[1]

6 Slice the onion, and crush the garlic, if these are used in the recipe.

7 Heat the fat or other shortening in an enameled or an aluminum utensil.[2]

8 Sauté the diced or ground pork.

---

[1] Made out of one part water to one part of pounded shrimp shells, stirred and strained. This is called strained shrimp juice or liquor.

[2] An iron "carahay" discolors the vegetables, aluminum or clay utensils do not

9 When the pork is brown, put in the garlic and cook until its aroma is developed.

10 Drop the diced shrimp meat into the heated mixture, and cook until the shrimp aroma is developed.

11 Put in the sliced onion, and cook one minute or until it looks clear.

12 If tomatoes are called for in the recipe, they should be added after the onion. Then, cook for about 1 to 2 minutes.

13 Add the pork and shrimp liquor and boil for about 2 minutes. Season with salt and pepper and whatever other food seasonings are called for in the recipe.[1]

14 Add the diced vegetables to the boiling mixture. Stir quickly to blend the vegetables and other ingredients well. Cover the mixture tightly and cook until the aroma of the cooking vegetables is developed. This takes about 3 to 4 minutes for cooking ordinary vegetables such as beans and other lentils. (Dried seeds of some vegetables need a longer cooking period.)

15 Remove the cover and stir quickly. Do not stir too much. Stirring the cooking vegetables too much will cause the destruction of vitamins.

16 Remove from the fire, lest the vegetables get overcooked, discolored, and lose their vitamins.

17 Serve while hot.

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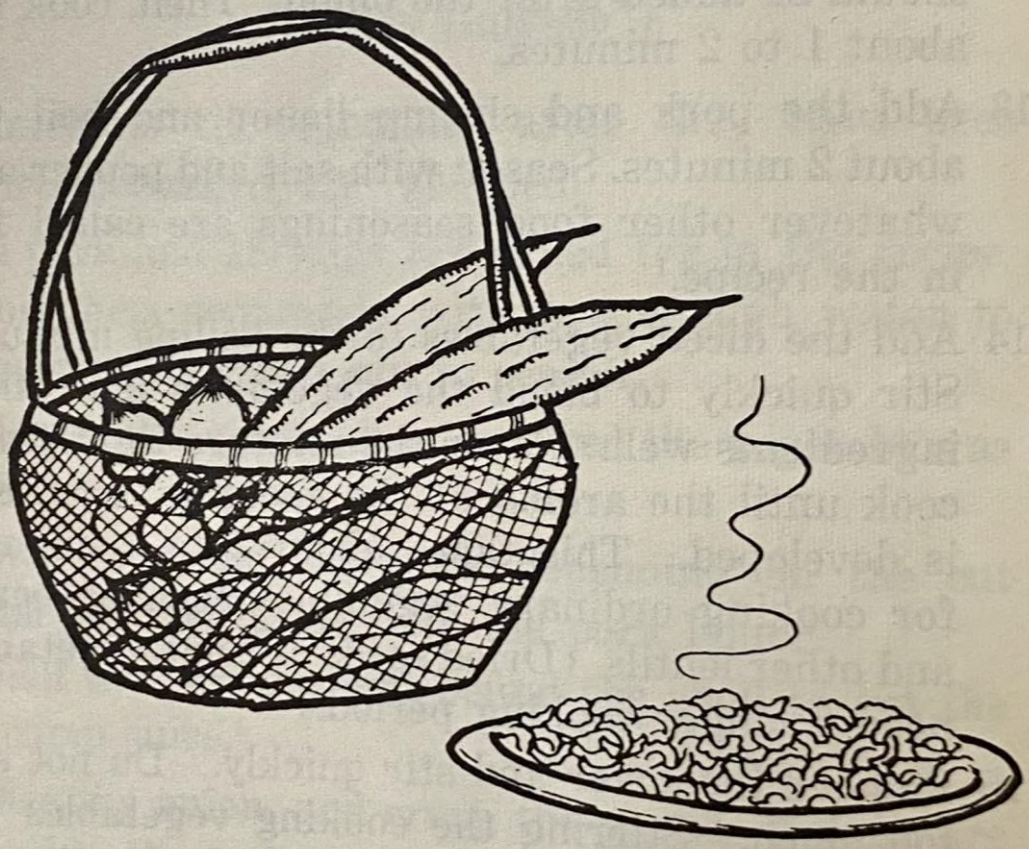
[1] Adding the shrimp and pork liquor before putting in the vegetables is an improvement on the old procedure wherein the vegetables are added and sauted first, thus coating them with fat, and putting in the liquid last. The product of the improved method should not be greasy and it should be more tasty, because it is cooked in the seasoned liquid.



AMPALAYA GUISADO

21 AMPALAYA GUISADO

2 c. "ampalaya", sliced very thin
1/2 c. diced, cooked pork
1/2 c. diced cooked shrimp meat
1/2 c. shrimp liquor from pounded shells
1/2 c. pork liquor in which pork has been boiled
1 can tomato sauce or fresh tomatoes
2 cloves garlic, bruised
1 small onion, sliced
Salt and pepper to taste
2 large sweet peppers (red)

1 Proceed as directed in the Master Recipe for Vegetable Dishes, No. II.
2 Add the shredded sweet pepper last
Serve as Luncheon dish.

22 AMPALAYA GUISADO WITH EGGS

1 To the "Ampalaya Guisado" No. 21, add 3 beaten eggs, seasoned with salt.
2 Mix lightly until firm.
3 Serve while hot.

23 AMPALAYA FRITTERS

1/2 c. flour
1 egg, beaten
1 c. water, milk, or coconut milk
1/2 tsp. baking powder
Fat for frying
1/4 tsp. salt; dash of pepper
Ampalaya Guisado No. 21

1 Shift flour and measure.
2 Put all dry ingredients together.
3 Add cold liquid little by little to flour mixture to make a smooth paste.
4 Add the remaining liquid and beaten egg to the batter and beat well.
5 Stir in just enough of cooked mixture of "Ampalaya Guisado".
6 Mix well.
7 Drop by large spoonfuls into hot fat.
8 Fry until brown.
9 Serve with tomato sauce.

24 ALUGBATI GULAY

4 c. "alugbati" leaves (young ones)
1/4 c. shrimp meat, cooked
1 c. liquor, pork and shrimp combined
1/4 c. diced cooked pork
2 tbsps. lard
2 cloves garlic, bruised
1 tbsp. onion, sliced
1 large tomato, chopped
Salt and pepper

Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II.

25 BAMBOO SHOOT GULAY

2 c. shredded young bamboo shoots (fresh)
1/4 c. cooked shrimps, diced
1/4 c. cooked pork, diced
1 c. pork and shrimp liquor
1/4 c. tomatoes, chopped
2 tbsps. lard

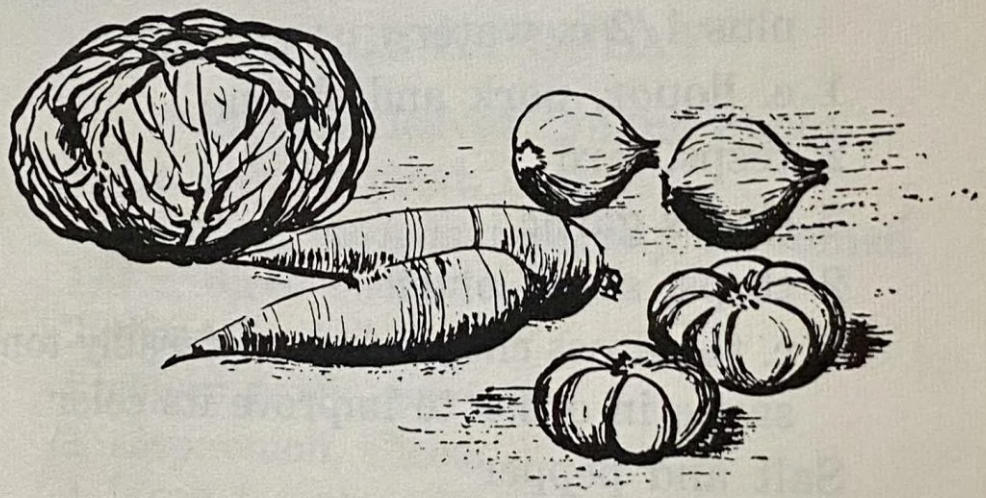
2 cloves garlic, bruised
1 tbsp. onion, sliced
Salt and pepper

Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II.

26a BANANA BLOSSOM GULAY

2 small young banana blossoms
1/4 c. cooked pork meat, diced
1/4 c. cooked shrimp meat diced
3 tbsps. vinegar or 1/4 c. "calamansi" plus 1/2 c. water
1 c. liquor, pork and shrimp
2 tbsps. lard
2 cloves garlic
2 tbsps. sliced onion
1 c. tomatoes chopped or preferably tomato sauce in order to improve its color
Salt and pepper

1 Remove the wilted sepals of the blossoms.
2 Slice the blossoms very fine.
3 Sprinkle the vinegar on the sliced blossoms.
4 Press down the sliced blossoms with a spoon to allow the acid to penetrate through the pulp.
5 Cover the bowl to prevent the contact of air until it is ready for cooking.
6 Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II.
7 Add shredded carrots and "pechay" and cook 2 minutes only.



INGREDIENTS FOR CABBAGE AND CARROTS GUISADO

26b BANANA BLOSSOM WITH CARROTS GUISADO

4 medium sized "puso" (about 8 cups)
1/4 kilo pork
1/4 kilo shrimps
4 c. shredded "pechay"
2 c. shredded carrots
4 c. pork and shrimp liquor
1/2 c. "calamansi" juice plus 1 c. water
1 c. chopped tomatoes
8 cloves garlic
4 heads onions, medium-sized
1/2 c. fat
Salt and pepper

Proceed as directed in Recipe No. 26a

27 BAGUIO BEANS AND CARROTS GUISADO

4 c. diced Baguio beans
1/2 c. diced carrots
1/2 c. cooked diced pork
1/2 c. cooked diced shrimp meat
1 c. pork and shrimp liquor
2 cloves garlic, bruised
2 tbsps. sliced onions
1/2 c. chopped tomatoes
Salt and pepper
2 tbsps. fat

Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II.

28 CABBAGE AND CARROTS GUISADO WITH FINELY DICED BAGUIO BEANS

4 c. shredded cabbage
1/2 c. sliced carrots
1 c. finely diced Baguio beans
1/4 c. diced cooked shrimp meat
1/4 c. diced cooked pork
1 c. pork and shrimp liquor
2 tbsps. lard
2 cloves garlic
2 tbsps. sliced onions
1/2 c. chopped tomatoes
Salt and pepper

Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II

29 YOUNG CORN GUISADO WITH SILI LEAVES

3 c. young corn cut from the cob
1/4 c. diced cooked pork
1/4 c. cooked diced shrimp meat
1 c. pork and shrimp liquor
2 tomatoes chopped
2 c. "sili" leaves
2 tbsps. lard
Salt and pepper

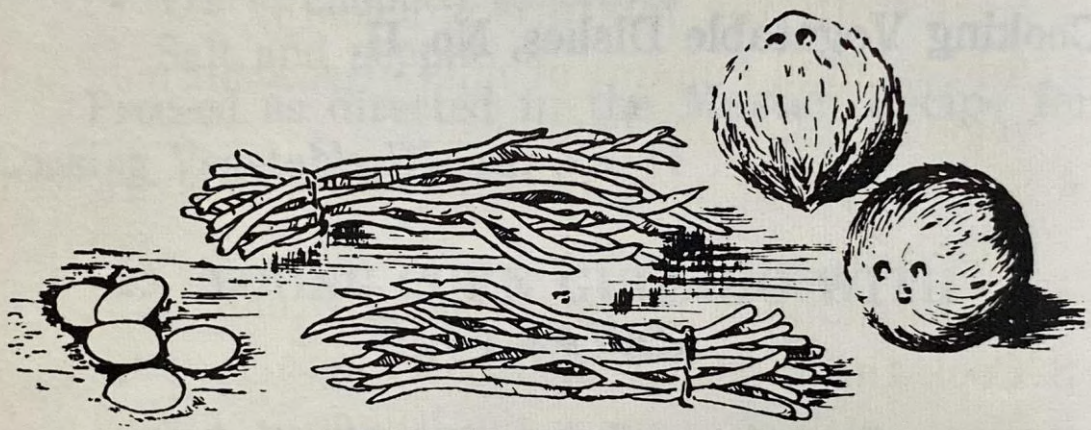
Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II

30 TOGUE WITH CARROTS

2 c. "togue" fresh with only very short sprouts

1 c. sliced carrots
1/2 c. cooked diced shrimp meat
1/2 c. cooked diced pork
1 c. pork and shrimp liquor
3 tbsps. chopped green onion
3 tbsps. lard
2 cloves garlic, bruised
3 tbsps. sliced onion
2 tomatoes, chopped
Salt and pepper to taste

Proceed as directed in the Master Recipe for Cooking Vegetable Dishes, No. II.



SOME INGREDIENTS FOR VEGETABLE SOUFFLÉS

III THE MASTER RECIPE FOR VEGETABLE SOUFFLÉS:

(pronounced Sōō-flās)

General Procedure:

1 Make a thick white sauce of flour and milk or coconut milk; or milk combined with the liquid in which the vegetable has been cooked.
2 In a sauce pan on medium flame, heat margarine or any other fat.
3 Add flour and seasoning.
4 Heat until the mixture is smooth.
5 Add a small amount of milk or coconut milk and vegetable liquors combined.
6 Stir well and heat until the ingredients are well blended.
7 Add gradually all the remaining milk.
8 Cook the mixture until it thickens.
9 Heat until it reaches the boiling point and stir constantly.
10 Remove from the flame.
11 Put aside.
12 Break the eggs and beat separately.
13 Beat the egg yolk till lemon color, and beat the white till it becomes stiff but **not dry.**
14 Add some sauce to the beaten egg yolk.
15 Stir well.
16 Add finely chopped cooked vegetables to yolk mixture.
17 Cut and fold beaten white into the yolk-vegetable mixture.
18 Turn into a greased baking dish.

19 Set in a pan with some hot water.
20 Bake in a moderate oven.
21 Bake until fluffy and brown.
22 Serve hot in the same dish in which it has been baked.

31 KANGKONG SOUFFLÉ

1 c. finely chopped "kangkong", cooked in a very small amount of salted water
4 tbsps. flour
1 tbsp. salt
2 tbsps. margarine
2/3 c. thick coconut milk
1/3 c. shrimp liquor
4 eggs
1/4 tsp. pepper
1/2 c. diced cooked shrimp

Proceed as directed in the Master Recipe, No. III

32 MALUNGAY LEAVES SOUFFLÉ

1 Use all the ingredients for the "kangkong" soufflé except the "kangkong" leaves. Use "malungay" leaves instead of "kangkong".
2 Proceed as directed in the Master Recipe for Vegetable Soufflés No. III.

33 KAMOTE TOPS SOUFFLÉ

1 Use the same amount of ingredients as in "kangkong" soufflé using finely chopped cooked "kamote" tops instead of "kangkong" leaves.
2 Proceed as directed in the Master Recipe No. III.

MORE VARIATIONS OF SOUFFLÉS:

34 CAULIFLOWER SOUFFLÉ

Use 1 c. finely chopped cooked cauliflower and sprinkle grated cheese over mixture before baking.

35 BAGUIO BEANS SOUFFLÉ

Use 1 c. finely diced cooked Baguio beans.

36 CABBAGE SOUFFLÉ

Use 1 c. finely chopped cooked cabbage.

37 MONGO SOUFFLÉ

Use 1 c. well cooked mashed "mongo".

38 CUCHARITA SOUFFLÉ

Use 1 c. finely chopped cooked "cucharita".

39 SAYOTE SOUFFLÉ

Use 1 c. finely chopped cooked "sayote".

40 SITAO SOUFFLÉ

Use 1 c. finely chopped "sitao".

Proceed as directed in the Master Recipe for Vegetables Soufflés, No. III, for all the above variations.

VEGETABLE SALADS

It is not necessary to use different salad dressings for every salad prepared.

The following recipes for French and Mayonnaise Dressings may be used as Master Recipes and can be varied according to the type of salad being prepared.

IV THE MASTER RECIPE FOR FRENCH DRESSING (may be used as marinade or dressing)

General Procedure:

1 Use olive, or any salad oil, or any of the locally manufactured oils.
2 Add some vinegar or "calamansi" juice, salt, sugar, and pepper.
3 Mix all the ingredients.
4 Beat or shake well in a glass jar thoroughly.
5 Use it as marinade or dressing for vegetables or fruit salad.

V THE MASTER RECIPE FOR QUICK-METHOD MAYONNAISE:

General procedure:

1 Beat the egg yolk.
2 Add all the seasonings.
3 Beat well and add the acid all at once.
4 Add oil, a teaspoonful at a time, to the mixture.
5 Beat constantly after each addition until one fifth of the oil is used.
6 Then, add in large amounts, by the tablespoonful or more, beating well after each addition.
7 Add the remaining oil and beat well.
8 A mixture made up of one half "calamansi" juice and one half vinegar may be used for acid.
9 French Dressing or Mayonnaise if made of coconut oil hardens if placed in the refrigerator. When it "melts" the oil separates from the other ingredients.

41 FRENCH DRESSING

1/2 c. olive oil, or any salad oil (peanut, or any locally manufactured oil will do)
1 tbsp. "calamansi" juice
1/2 tsp. vinegar
1/2 tsp. salt
1/2 tsp. sugar
Dash of pepper

Proceed as directed in the Master Recipe, No. IV.

42 MAYONNAISE

1 egg yolk
2 tbsps. acid (vinegar or "calamansi" juice or combination of both)
1/4 tsp. mustard paste, optional
1/3 tsp. salt
1 tsp. sugar
1 c. salad oil

Proceed as directed in the Master Recipe No. V.

43 ROYAL SALAD

4 c. finely shredded crisp, fresh cabbage
1 can sliced pineapple, diced
1 c. grated fresh carrots
1 c. chopped mixed sweet pickles
1 c. finely chopped nuts
1-1/2 c. grated cheese
1/4 c. "calamansi" juice
1/4 c. pineapple juice
Mayonnaise

Wash and rinse each leaf of the cabbage. Cool and shred in fine strips uniformly; chill

3 Mix all the ingredients except nuts and cheese.
4 Combine the pineapple, pickle, and "calamansi" juices.
5 Marinate the vegetable mixture with these juices. Drain the excess juice.
6 Sprinkle half of the nuts over the vegetable mixture.
7 Do the same with 1/2 c. of the grated cheese.
8 Put aside to chill.
9 Prepare mayonnaise as directed in the Master Recipe for Mayonnaise, No. V.
10 Serve the salad on individual salad plates.
11 In the center, put on top a liberal amount of mayonnaise.
12 Sprinkle it with cheese and nuts before serving.

44 SALAD PLATTER

2 c. sliced boiled beets
2 c. diced, Baguio beans, cooked
1/2 c. French dressing
2 c. grated white cheese (native)
1 c. diced pineapple
4 tbsps. mayonnaise
Fresh lettuce leaves

1 Marinate each kind of vegetable separately in French Dressing.
2 Mix the cheese, the pineapple, and the mayonnaise.
3 Make a mound of the cheese mixture on lettuce leaves in the center of the platter.
4 Shred the remaining lettuce leaves and arrange around the cheese mixture as border.
5 Make a similar mound of the beets and another

of the beans on the sides of the cheese mixture.
6 Serve at luncheon.

45 TOMATO SURPRISE

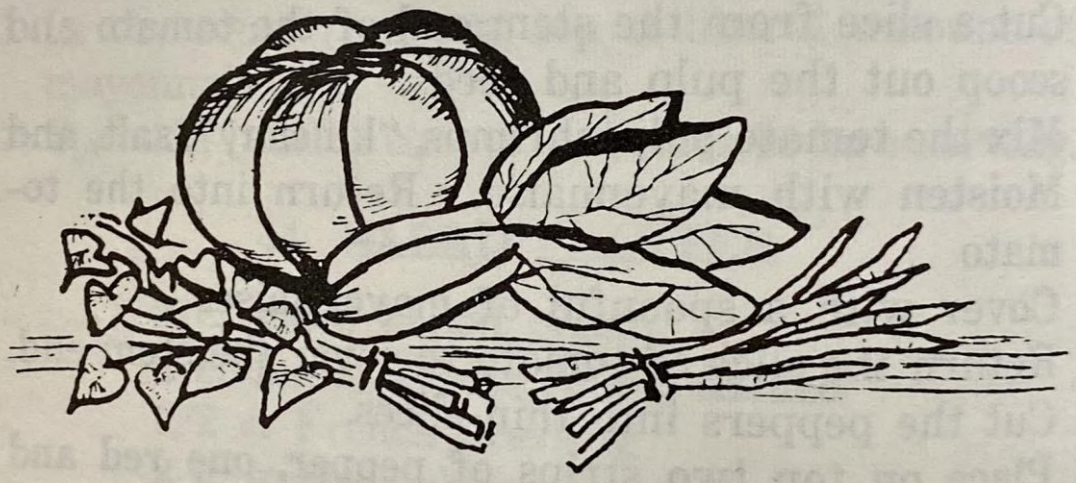
6 large-sized tomatoes
1 c. boiled shelled shrimps, diced
1 green and 1 red pepper
1/2 c. finely chopped "kinchay"
3/4 tsp. salt
Dash of black pepper

1 Wash thoroughly the tomatoes and peppers in soapy water and rinse carefully.
2 Cut a slice from the stem end of the tomato and scoop out the pulp and seeds.
3 Mix the tomato pulp, shrimps, "kinchay", salt, and
4 Moisten with mayonnaise. Return into the tomato
5 Cover with a spoonful of mayonnaise.
6 Return the slice of tomato to cover the stem end.
7 Cut the peppers into thin slices.
8 Place on top two strips of pepper, one red and another green, forming a green and red cross.
9 Serve on crisp, fresh lettuce leaves which also have been well washed and rinsed.[1]

46 CHEESE AND COCONUT SALAD

1 c. grated cottage cheese (native)
5 tbsps. coconut cream (pure milk)
1 green pepper, 1 red pepper washed and sliced into rings

[1] All leaves served raw should be fresh and crisp. Therefore, as soon as the leaves are washed and rinsed put them into a bowl of fresh water and let them remain until ready to serve. Then, just before putting them on the salad plate, pat them gently between layers of a clean dry cloth to remove extra water.



GREEN AND LEAFY VEGETABLES

3 tbsps. chopped peanuts
2 tbsps. "calamansi" juice
1/4 tsp. salt

1 Combine the cheese and coconut cream.
2 Dip the pepper rings in salted "calamansi" juice
3 Arrange the cheese mixture in a mound in the center of the salad plate.
4 Sprinkle with nuts immediately, serve.

47 GARDEN SALAD BOWL

1 c. cauliflower, cooked or raw, as desired
2 green onions, chopped
4 young fresh radishes, diced
2 carrots grated coarse
2 hard-boiled eggs cut in wedges
2 large tomatoes cut in wedges
4 cups shredded lettuce leaves

1 Put all the ingredients in a large bowl. (Recall that all raw vegetables are carefully washed before being served.)
2 Marinate with French Dressing.
3 Chill, if you have a refrigerator.
4 Arrange in a dish, using shredded lettuce as a border.

48 CUCUMBER-TOMATO-EGG SALAD

1 cucumber, sliced crosswise
2 onions, sliced crosswise
6 medium tomatoes, sliced
3 hard boiled eggs, sliced
Shredded lettuce

1 Marinate each kind of vegetable separately with French Dressing.

2 Arrange each, alternately, around the bed of shredded lettuce until all ingredients are put on the plate.

3 Chill if desirable.

4 Sprinkle French Dressing over top before serving.

49 MIXED LEAFY VEGETABLE SALAD

1 c. cooked shredded "kangkong"
1 c. cooked shredded "kamote" tops
3 tomatoes, sliced
3 hard boiled eggs, sliced
4 tbsps. nuts

1 Marinate vegetables with French Dressing.

2 Arrange on plate.

3 Place sliced eggs over tomatoes and sprinkle the nuts.

4 Chill, if desired, and serve.

50 BEET AND CARROT SALAD

4 medium boiled beets, diced or sliced
4 young carrots boiled, diced or sliced
1 onion, sliced
2 oranges separated into sections
lettuce leaves
Mayonnaise

1 Mix all the ingredients.

2 Moisten with mayonnaise.

3 Serve on a bed of lettuce leaves.

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[1] This recipe may be varied by using "kamote" leaves instead of "kangkong" leaves.

ABBREVIATIONS USED

c. — cup

tbsp. — tablespoon (s)

tsp. — teaspoon (s)

EQUIVALENTS OF WEIGHTS AND MEASURES

1 kilo — 1,000 grams

2.2 pounds — 1 kilo

16 ounces — 1 pound

1 quart — 2 pints

1 pint — 2 cups

1 cup — 16 tablespoons

3 teaspoons — 1 tablespoon

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EXPLANATIONS OF TERMS USED

Achuete — vegetable coloring for food.
Alugbati — thick vegetable-vine similar to spinach
Ampalaya — bitter melon
Apulid — water chestnut
Arróz — Spanish term for rice
Bibingkang kanen — bibingka (rice cake)
kanen (cooked rice)
Bico — a dish made out of glutinous rice, coconut milk, and sugar.
Bringé — a Filipino dish made out of rice and chicken, cooked with coconut milk and colored with yellow ginger ("luyang-dilao")
Calamansi — Lime fruit (citrus family)
Carahay — frying pan made of iron or aluminum locally manufactured.
Cassava grit — tiny flakes made out of cassava tuber ("Kamoteng Kahoy")
Chorizo de Bilbao — sausage manufactured in the city of Bilbao, Spain.
Creole — a dish usually prepared with plenty of tomatoes and sweet green pepper.
Cucharita — tiny leafy vegetable
Dilao — yellow ginger
Guinata-an — any dish prepared with coconut milk
Guisado — sauted dish
Gulay — cooked vegetables
Kamote — sweet potato
Kanen — cooked rice
Kangkong — swamp cabbage

Laurel — bay leaf

Lihiya — local name for vegetable lye.

Linga — sesame seeds

Longaniza — native sausage (home-made)

Malagkit — glutinous rice (sticky)

Malungay — horse-radish

Mongo — mongo bean (small round seeds, the size of a very small pea).

Morisqueta — Spanish term for cooked rice

Pandan — a Philippine plant whose leaves produce a delicious aroma when boiled or used in cooking rice.

Puto maya — cooked malagkit prepared with grated coconut and sugar.

Sayote — similar to green papaya fruit

Shanghai — city in China

Sili-leaves — pepper leaves

Sitao — long and pliable legume (beans)

Suman — a Filipino dish made of glutinous rice (malagkit) usually wrapped in banana leaves.

Togue — sprouted mongo beans

Tostada — toasted (Spanish)

Valenciana — derived from the name of a city in Spain, Valencia.

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